FSCJ
Florida State College at Jacksonville

Suicide Prevention

If you are concerned about immediate self-harm or harm to others, please call 911.

If you need help, please call 988, the Suicide and Crisis Lifeline.

Suicide is the second leading cause of death among people (ages 10–44) in the United States, but it is also one of the most preventable. According to the Center for Disease Control and Prevention, more than 48,000 people died by suicide in the United States in 2024; the equivalent of one death every 11 minutes. The onset of mental health issues is typically found in individuals between the ages of 18 and 24, the age of many college students.

Attending college can be a difficult transition period. Students often report feeling lost, lonely, confused, anxious, inadequate and stressed. These problems may lead to depression, which if left untreated, is the leading cause of suicide.

When someone is having suicidal thoughts, it is a very real sign that something needs attention. We want you to know the warning signs of someone who may be considering suicide, so you can identify someone who may be in distress.

Suicide: Myth vs. Fact

There are common misconceptions about suicide. Knowing facts from myths could very well save a life. Discover some of the most common myths:

Myth	Fact
People who talk about suicide won't really do it.	Almost anyone who attempts or completes suicide has given some clue or warning signs. Do not ignore suicidal threats.
If a person is determined to kill themselves, nothing is going to stop them.	Most suicidal people do not want death; they want the pain to stop. The impulse to end it all, however overpowering, does not last forever.
People who complete suicide are people who were unwilling to seek help.	Studies of suicide victims have shown that more than half had sought medical help within six months before their deaths.
Talking about suicide may give someone the idea.	You don't give a suicidal person morbid ideas by talking about suicide. Bringing up the subject and discussing it openly, is actually very helpful.

Suicide can be Prevented

Whether you have suicidal thoughts or know someone who has them, there is help and there is hope. **Everyone has a role to play in preventing suicide.** With your help, we can spread awareness about suicide prevention and mental health to save lives.

Suicide Hotlines

Call 911 if you are concerned about immediate harm to self or others.

1. National Suicide and Crisis Lifeline offers free and confidential support, 24 hours a day, 7 days a week, unless hours are noted.

English: Dial 988
or 1-800-273-TALK (8255)

Spanish: Dial 988

- **Deaf or hard of hearing**:
  Dial 711, then 988

2. Veteran's Crisis Line: Dial 1-800-273-8255, then press 1.
3. LGBTQ+ Youth Crisis Hotline (Trevor Project): Dial 1-866-488-7386
4. TransLifeline: Dial 1-877-565-8860 (M–F, 1–9 p.m. EST)

Text and Chat

You can also get support through text and chat, available 24/7.

1. Suicide Prevention Lifeline Chat
2. Veterans Live Chat
3. LBGTQ+ Youth Crisis Chat/Text (Trevor Chat/Trevor Text)

College Resources

- FSCJ offers a Student Assistance Program, available 24/7

Community Resources

1. Mental Health Resource Center, Inc: Available 24/7
   - **North Jax:** Dial 904-695-9145
   - **South Jax:** Dial 904-642-9100
2. Youth Crisis Center: Dial 904-725-6662, ext. 308
3. Here Tomorrow: Dial 904-222-6988 (M–F, 9 a.m.–8 p.m., Sat. and Sun., 10 a.m.–6:30 p.m.)
4. NAMI (National Alliance on Mental Illness): Dial 904-323-4723

Suicide Warning Signs

There is no single factor that can be identified as a sign that someone wants to commit suicide, but there are some common signs that may indicate that someone is considering suicide and may need help.

Some warning signs that may help you determine if someone is at risk for suicide, especially if their behavior is new, has increased or seems related to a painful event, loss or change:

- Talking about wanting to die or kill themselves
- Looking for a way to kill themselves, like searching online or buying a gun
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or isolating themselves
- Showing rage or talking about seeking revenge
- Extreme mood swings
- Current or past psychiatric diagnosis (90% of individuals who die by suicide have had a mental health diagnosis)
- A past suicide attempt (about 20% of people who die by suicide had previously attempted suicide)

Suicide Prevention Training

Mental Health First Aid training is an evidence-based education program that teaches people how to spot, understand and respond to signs of mental health and substance use challenges. Upon successful completion of this 8-hour training course participants receive a 3-year certificate of successful completion that is nationally recognized.

FSCJ offers this training course free of charge to our employees and students.

Resources

Center for Disease Control and Prevention. (2026, May) *Suicide Prevention.* U.S. Department of Health and Human Services. **https://www.cdc.gov/suicide/resources/index.html**

Garnett, Matthew F., Zehner, Anne M. (September 2026). *Changes in Suicide Rates in the United States From 2023 to 2024.* National Center for Health Statistics. **https://www.cdc.gov/nchs/data/databriefs/db572.pdf**

988 Lifeline. (2026, September). *Learn.* **https://988lifeline.org**

Substance Abuse and Mental Health Services Administration. (2026, September) *Suicide Prevention.* U.S. Department of Health and Human Services. **https://www.samhsa.gov/mental-health/suicidal-behavior/prevention**